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fortwo pure coupe	2013	Z1302244	$17,400.00	$12,210.00	fortwo passion cabriolet	2013	Z1300316	$22,760.00	$16,110.00
fortwo pure coupe	2013	Z1300190	$17,400.00	$12,210.00	fortwo passion cabriolet	2013	N1300319	$22,760.00	$16,110.00
fortwo pure coupe	2013	B1300331	$17,460.00	$12,210.00	fortwo passion cabriolet	2013	Z1301176	$23,185.00	$17,110.00
fortwo pure coupe	2013	Z1300504	$16,660.00	$11,510.00	fortwo passion cabriolet	2013	N1300510	$25,150.00	$18,110.00
Certified Pre-Owned Model	**Year**	**Stock #**	**Kilometres**	**Special Price**	**Certified Pre-Owned Model**	**Year**	**Stock #**	**Kilometres**	**Special Price**
fortwo pure coupe	2009	B1461087A	29,885KM	$6,850.00	fortwo passion cabriolet	2011	M727648	36,598KM	$10,850.00
fortwo pure coupe	2011	M776710	23,660KM	$8,250.00	fortwo passion cabriolet	2013	M733484	16,805KM	$13,850.00
fortwo pure coupe	2011	M740082	30,500KM	$8,850.00	fortwo passion cabriolet	2013	N156935	4,580KM	$13,850.00

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VANCOUVER metro®
NEWS WORTH SHARING.

Cop accused of murder

Delta police officer charged after man's 2012 fatal shooting in New Westminster PAGE 3

Zoe Saldana finds her voice

Actress belts out some tunes for her latest film gig, The Book of Life PAGE 11

ONE-DISH WONDER

BAKED APPLE CHICKEN DOES DOUBLE-DUTY AS FANCY APP OR WEEKNIGHT GO-TO PAGE 18

Do you have Bipolar Disorder and have problems with memory, concentration or problem solving?

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Mood Disorders Centre · Department of Psychiatry · UBC

Value Village pulls 'sexy' kids' costumes

'It's sick.' Thrift store decides to remove Halloween duds after complaint from Victoria woman

THANDI FLETCHER
thandi.fletcher@metronews.ca

Value Village will be pulling some children's Halloween costumes from store shelves after a B.C. mom complained the outfits were too sexy for kids.

The U.S.-based thrift-store giant announced the move Monday after Victoria's Raina Delisle wrote an online column that sparked outrage on social media about a recent experience at her local Value Village shopping for a firefighter costume for her four-year-old daughter.

"The girls' costume was skin-tight, shiny black fabric and was paired with a fascinator instead of a helmet," Delisle told Metro. "It didn't even look like the real thing."

In contrast, Delisle said the boys' firefighter costume was more realistic with a bright red jacket, yellow reflectors and a firefighter helmet.

Victoria mom Raina Delisle was appalled to find a "sexy" firefighter costume for girls as young as 4, while shopping at her local Value Village. COURTESY RAINA DELISLE

Delisle said she was shocked by the stark difference between the two costumes, as well as many other costumes in the store that were highly sexualized and marketed to girls as young as 4.

"It's telling young girls that their bodies are more important than their brains, and that they need to be sexy to be successful," she said.

"Boys and men could start to see them as objects and it feeds into the whole idea of objectifying women."

As a longtime Value Village shopper, Delisle said she was disappointed to see the costumes in a store that promotes itself as a shopping destination for families.

While she believes parents have a role to play in choosing costumes for their children, Delisle said she believes the store also has a corporate responsibility.

"It's sick," she said. "These are not just costumes. This is a problem with society."

Diane Sowden, executive director of Children of the Street Society, a non-profit charity dedicated to preventing the sexual exploitation and human trafficking of children, said skimpy Halloween costumes are becoming increasingly common for young children, which is worrying.

"It makes light of the issue of sexual exploitation of children and youth," she said. "We all know sex sells, but not on the backs of our children and our youth."

Sowden encouraged parents to use the costumes as an educational opportunity to talk to their children about why the outfits are inappropriate.

University of B.C. professor Mona Gleason, whose research interests include children and youth gender studies, said consumers have a duty to speak out when products clash with societal values.

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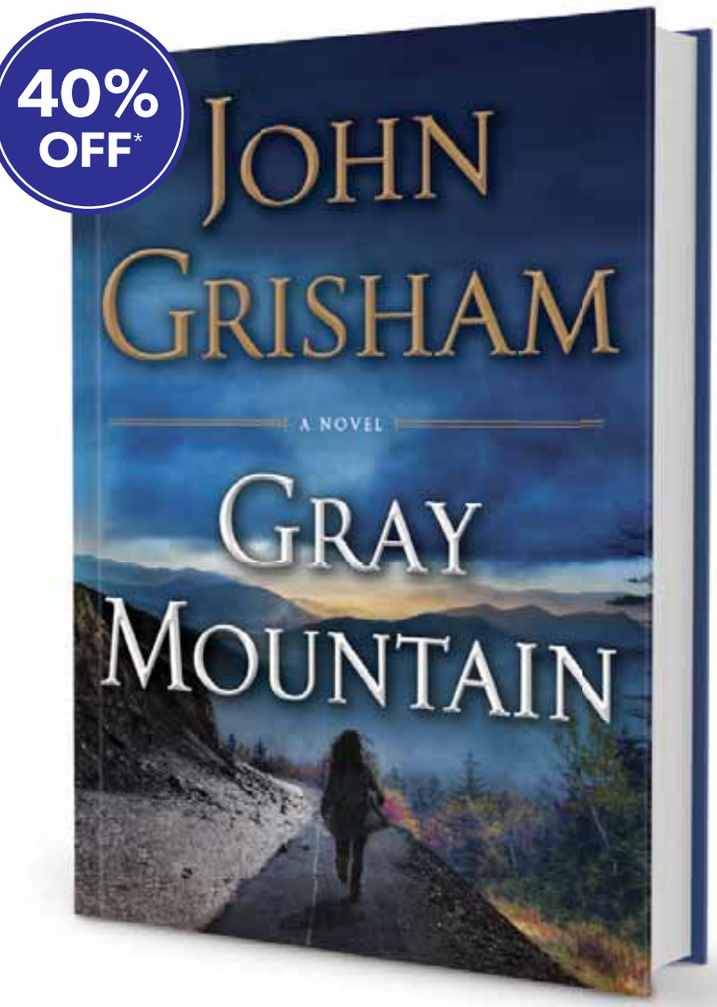

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Surrey death

Foul play suspected

Homicide detectives are investigating the death of a man who was found Sunday night in the basement suite of a Surrey house. The victim, who police say was in his mid-50s, is believed to have met with foul play and an autopsy will be conducted to confirm the cause of death.

In a statement, Staff Sgt. Jennifer Pound said police officers, firefighters and paramedics found the body after they were called at 8:30 p.m. Sunday, to a disturbance at a house in the 11000 block of 136th Street. METRO

Road safety

New distracted driving penalties now in effect

Anyone caught talking on a hand-held phone while driving will now face stiffer penalties in B.C.

The Ministry of Justice announced Monday that new distracted driving penalties are now in effect.

Drivers caught talking on a hand-held device are now subject to three penalty points on their licence in addition to a $167 fine.

The changes bring penalties in line to those already in place for drivers caught texting or emailing on their hand-held devices.

The government says distracted driving is the second leading contributing factor of vehicle fatalities in B.C.

MATT KIELTYKA/METRO

Delta police officer charged with second-degree murder

On-duty incident.
2012 shooting death of Mehrdad Bayrami

MATT KIELTYKA
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A Delta Police Department officer has been charged with second-degree murder in the 2012 shooting death of a man in New Westminster.

Const. Jordan MacWilliams was officially charged Monday morning, according to the Criminal Justice Branch.

The charge results from an on-duty incident Nov. 8, 2012, where police shot and killed Mehrdad Bayrami on a paved pathway near the Starlight Casino.

New Westminster police were initially called to the area in the early morning hours of Nov. 8 in response to a 911 call concerning shots fired and a man in the casino parking lot.

Police cordoned off the area as they tried to negotiate with the man for several hours.

At 10:45 a.m., the suspect was allegedly shot by MacWilliams — a member of the Municipal Integrated Emergency Response Team that night — and rushed to hospital.

Bayrami died 10 days later on the evening of Nov. 18, 2012.

The Independent Investigations Office led the investigation into the incident.

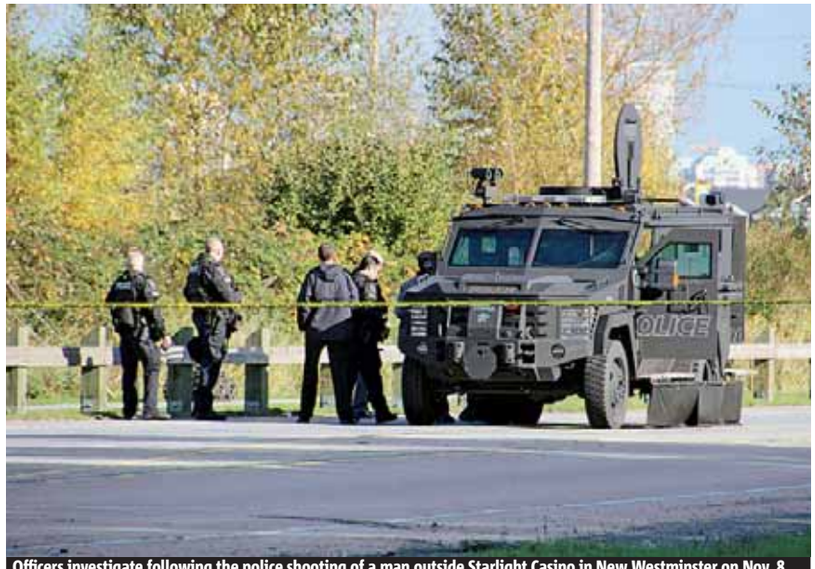
Upon its completion, chief civilian director Richard Rosenthal announced on July 12, 2013, that he had forwarded a report to the Crown council to determine whether any charges should be laid.

The branch said it needed more information after conducting its initial charge assessment and received the last of it Oct. 6, leading to charges being laid against MacWilliams this month.

The charges against MacWilliams are the first ever as a result of an IIO investigation into a police-involved shooting fatality.

The independent agency was established in September 2012 to investigate all police-related incidents of death or serious harm in B.C. to determine whether or not an officer may have committed an offence.

Before Monday, charges had been laid against officers in three other IIO cases: for recklessly discharging a firearm in Cranbrook in 2012, dangerous driving causing death in Salmon Arm in 2013 and driving without due care in New Westminster in 2013.



Officers investigate following the police shooting of a man outside Starlight Casino in New Westminster on Nov. 8, 2012. Delta Police Const. Jordan MacWilliams was charged Monday with second-degree murder in the death of Mehrdad Bayrami. SHANE MACKICHAN/FOR METRO

"But this is the first of its kind for us," said IIO representative Kellie Kilpatrick. "It did take longer but that's not unusual, this is a very serious charge. It took place in a public area, there were a lot of witnesses and we did seek out and obtain expert reports, which take a long time. Now the police officer goes through the justice system like anyone else."

MacWilliams has been released from custody on bail and is scheduled to appear next in B.C. Supreme Court in New Westminster on Dec. 18.

RCMP 'executed' man after search: Family

Peter de Groot's brother Miles de Groot fights back tears during a news conference in Vancouver on Monday. THE CANADIAN PRESS

The sister of a British Columbia man who was shot by the RCMP after a manhunt says the force should have found a way to end the ordeal peacefully, but instead she says police wrote him off as a violent misfit and shot him in what amounted to an execution.

Peter de Groot, 45, was killed last week, several days after he disappeared into the bush following a confrontation with the police in the small community of Slocan, in southeastern B.C.

When the manhunt began, the RCMP alleged de Groot shot at officers before fleeing into the woods near his property. The force told the media de Groot was known to police and should be considered armed and dangerous.

But the man's sister, Danna de Groot, whose family held a news conference Monday in Vancouver, said her brother had no history of violence or run-ins with the law.

Instead, she said he was a gifted scholar who planned on pursuing a PhD before a brain aneurysm more than a decade ago left him in pain and with poor co-ordination. He eventually returned to his love of the outdoors, moving to rural British Columbia and living a homesteading life of farming.

"He was, very simply, the most knowledgeable and intelligent person that I've ever known," she said as she condemned what she described as an attempt by RCMP to malign her brother's character.

Danna de Groot sat next to her siblings and her father as she read a statement that detailed her experience travelling to Slocan on Thanksgiving weekend. She also explained what she knew about how her brother's confrontation with police began, though it wasn't clear where that information came from.

She was not in Slocan when the manhunt began and she did not witness the fatal shooting, though she and another brother did travel to the community when they heard about the manhunt.

THE CANADIAN PRESS

LNG emissions law is world's cleanest: Minister

Environment. Polak says new law will let companies purchase greenhouse gas offsets and contribute to a technology fund

Environment Minister Mary Polak says new legislation governing greenhouse gas (GHG) emissions from liquefied natural gas plants sets pollution benchmarks that will establish the British Columbia industry as the cleanest in the world.

Polak tabled the Greenhouse Gas Industrial Reporting and Control Act Monday, saying B.C.'s emission benchmarks will be lower than any other LNG facility in the world.

She said the legislation will permit companies to purchase greenhouse gas offsets and contribute to a technology fund to reach the benchmark.

Environmental groups have raised concerns about increased GHG emissions associated with extracting and burning natural gas.

LNG facilities with emissions below the set benchmark will receive credits they can sell, while operations that don't meet the limit may be fined, said the ministry statement.

The GHG intensity benchmark set by the B.C. government is below pollution limits established by LNG plants in Australia, Norway and the United States.

The B.C. limit set is .16 tonnes of carbon dioxide for each tonne of LNG produced. It includes all GHG emissions from the point where gas enters a facility to when it is loaded onto a ship or rail car.

THE CANADIAN PRESS

Natural gas is burned off in the background as Premier Christy Clark visits the Encana compressor site on April 18, 2013. JONATHAN HAYWARD/THE ASSOCIATED PRESS

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HBC HUDSON'S BAY COMPANY

$1.5M. Squamish Nation removes two officials over unaccounted funds

Two elected officials from the Squamish Nation were stripped of their powers after a third-party investigation revealed they kept little to no record of $1.5 million they doled out from an emergency fund over the course of three years.

Coun. Krissy Jacobs and band manager Glen Newman were in charge of an emergency fund that was supposed to help members in urgent situations pay their rent, utilities or travel costs to a funeral, according to the investigation report.

But instead of asking members to apply for emergency cash using a form, as was standard practice, Jacobs and Newman would take requests directly. They would then ask the financial department for cheques made out directly to them, cash the cheques — or sometimes deposit them in their personal bank accounts — and hand out cash or gift cards directly to members.

While Newman usually kept logbooks or Post-it notes detailing whom he gave money to, how much and for what reason, Jacobs did not keep any records.

Jacbos said she was helping people at the "edges of society" who didn't have bank accounts so she had to cash the cheques, according to the investigation report. She did not record the reasons for the money because the matters were "intensely personal."

Yet the investigation found that some of the cash was used to buy Canucks tickets and passes to the PNE.

There is not enough evidence to say conclusively whether Jacobs or Newman benefitted personally from the money, according to the report, but it does state they used their power to "curry favour by providing funds at discretion."

Jacobs was removed as co-chair on council and from her administrative position, and all her financial authority was taken away. Newman was removed of all involvement in financial matters and authority over the emergency fund.

EMILY JACKSON /METRO

Simushir

Russian cargo ship arrives at B.C. port

A Russian cargo ship that was adrift off the British Columbia coast after a power outage has docked.

The Prince Rupert Port Authority says the Simushir has been towed to the Fairview Container Terminal.

The container ship, carrying hundreds of tonnes of bunker and diesel fuel, was en route to Russia from Washington state when it lost power on Thursday night west of the Haida Gwaii archipelago, off B.C.'s north coast.

THE CANADIAN PRESS

Part of his probation

Man still banished from Kamloops

A Kamloops man who criminally harassed his former girlfriend and her family will remain banished from the city as part of his probation.

B.C. Supreme Court Justice Dev Dley declined an appeal by Shane Adam to have his banishment from Kamloops, B.C., declared unconstitutional. Adam's lawyer, Micah Rankin, argued unsuccessfully that banishment of an offender from his community violates the Canadian Charter of Rights and Freedoms.

THE CANADIAN PRESS

North Vancouver safari company blames Ebola for business drop

80% decrease. Tour planner says lack of understanding about African geography partly to blame

THANDI FLETCHER
thandi.fletcher@metronews.ca

Fears over the Ebola outbreak in West Africa have caused a significant drop in business for a North Vancouver-based safari tour planner, even though the company doesn't offer trips in areas affected by the deadly disease.

Thierry Cellier, owner of Heritage Safaris, said business has fallen by about 80 per cent since media coverage of the Ebola outbreak in West Africa escalated in August.

The drop in sales is frustrating, he said, especially considering his company only sells safari tours in southern and eastern African countries that are thousands of kilometres away from areas affected by the Ebola outbreak.

According to the World Health Organization, the Ebola outbreak has claimed the lives of more than 4,500 people in Guinea, Liberia and Sierra Leone.

"It's far, far away from eastern and southern Africa," he said. "If you compare with the North American continent, it's like an Ebola outbreak in Mexico City and you don't travel to Vancouver."

Cellier blamed the decline in business on a lack of understanding about African geography.

"People look at Africa as a country instead of a huge, huge continent," he said.

If business doesn't pick up soon, Cellier said he fears he may have to shut down his company.

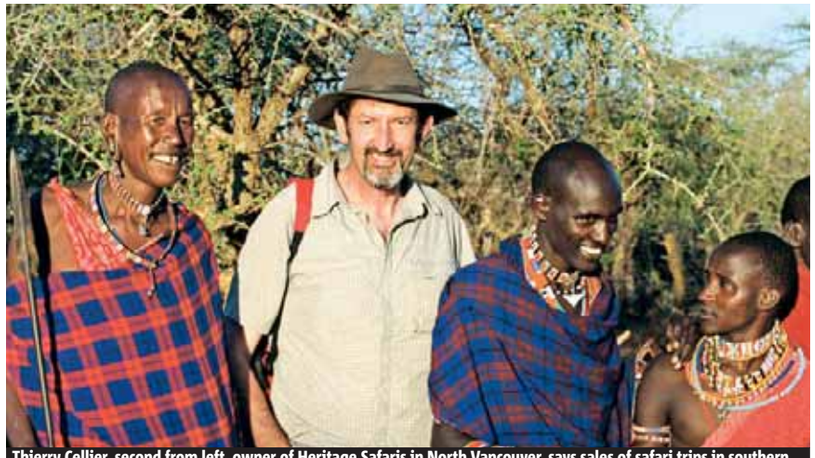
However, not all travel agents have seen a decline in business as a result of the Ebola outbreak.

While some customers have expressed concern about the risk of travelling with the disease outbreak, Christine Boecker, principal of Burnaby-based TravelBoecker Adventures, said those fears have not yet hit her bottom line.

"I just had a family of five book an African safari with us," she said.

However, Boecker said fall is also typically a slow time for travel agents, with families getting back to school and work. She said she is curious to see how the Ebola outbreak could affect business in January when many families start thinking about booking their summer vacations.

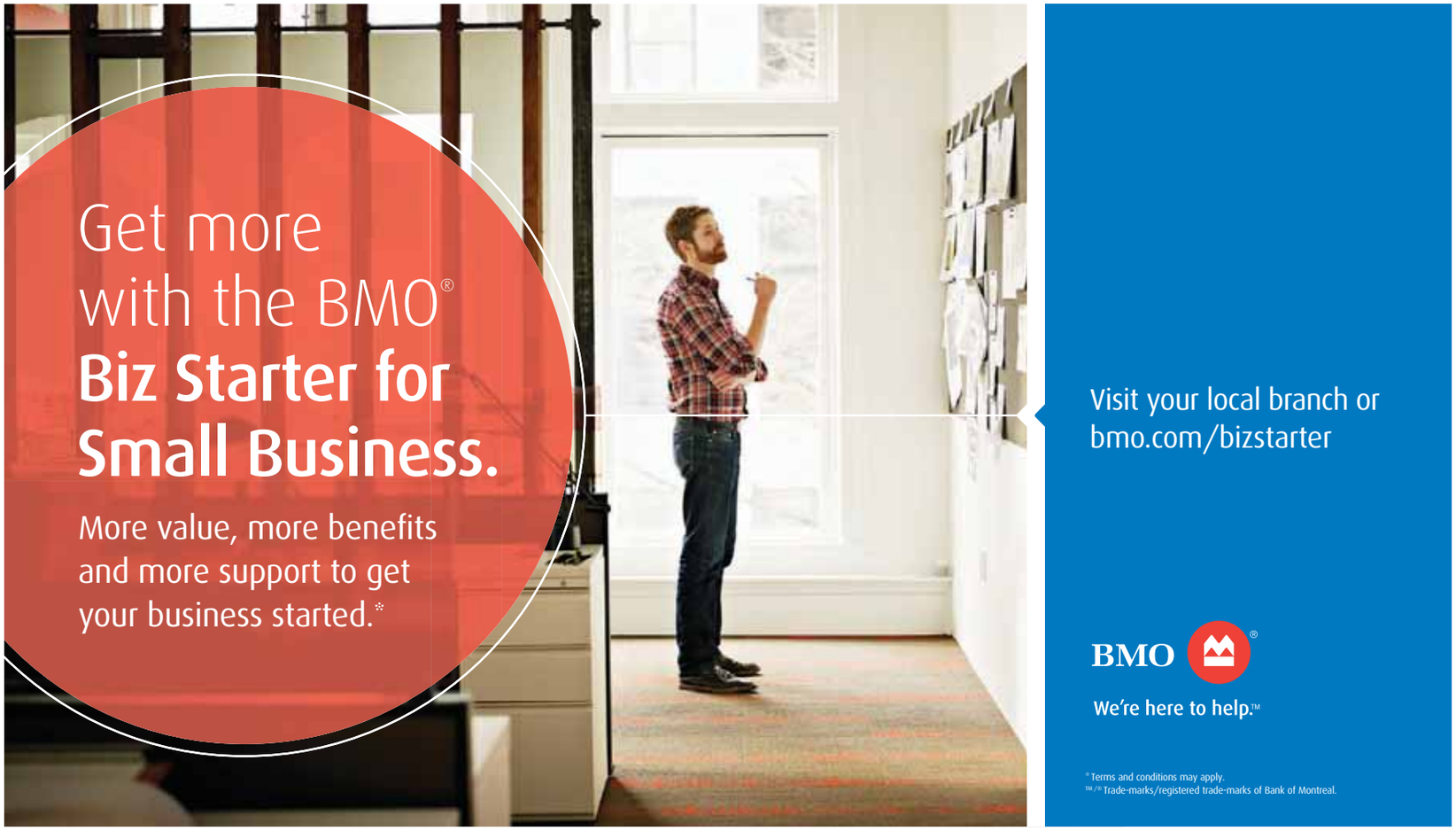
Previously, she said, world events have affected business, like after the 9/11 terrorist attacks and the SARS outbreak.



Thierry Cellier, second from left, owner of Heritage Safaris in North Vancouver, says sales of safari trips in southern and eastern Africa have dropped because of fears over the Ebola outbreak. COURTESY HERITAGE SAFARIS

If travellers are wary about visiting Africa with the Ebola outbreak, Boecker said there is no need to panic.

"The flu kills many more people than the Ebola virus," she said. "Not in West Africa, unfortunately, but over here in Canada or … in South Africa; I'm not living in fear."



Global survey ranks Vancouver fourth-greenest city in world

Forget being known for grey skies — Vancouverites can pat themselves on the back for being green.

Vancouver is the fourth-greenest city in the world, according to the fourth annual ranking by the Global Green Economy Index.

The study of 60 countries and 70 cities ranks performance based on how green places are when it comes to buildings, transportation, tourism and energy, among other things.

It also tracks how appealing a market is to investors in green industries such as clean technology or renewable energy.

If Mayor Gregor Robertson wants to meet his goal of being the greenest city in the world by 2020, Vancouver has to unseat the top three green cities of Copenhagen, Amsterdam and Stockholm.

But before Vancouverites get too smug about being the only Canadian city to crack the Top 10, it must be noted that the index looked at only six cities from North America, including Ottawa, Toronto, Vancouver, Los Angeles, New York and Washington D.C.

EMILY JACKSON/METRO

PASSPORT TO FLAVOUR

Next stop? Harbour Centre for lunch.

From October 6 to October 31 you can collect stamps when you eat at the Harbour Centre food court. Once you've collected 5, you can redeem your passport for a discount to the Vancouver Lookout and a chance to win great prizes.

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Visit any food court vendor in the lower mall for more details and to pick up your passport.

Shop More. See More. Harbour Centre VANCOUVER LOOKOUT

COPE council candidate Sid Chow Tan, left, and mayoral candidate Meena Wong announce their policy on renovations Monday. EMILY JACKSON/METRO

COPE targets 'renovictions'

New rules proposed. Landlords use renos as excuse to evict tenants, sharply hike rents

EMILY JACKSON
emily.jackson@metronews.ca

COPE is hoping a little red tape can stop the city's problem of "renovictions," where landlords use renovations as an excuse to boot tenants in order to steeply raise the rent.

If elected in Vancouver's Nov. 15 election, the party will introduce new conditions on renovation permit forms that would guarantee renters be allowed to move back in at the same rent after a renovation, COPE mayoral candidate Meena Wong said Monday.

Landlords would need to prove that vacancy is required and the renovations are necessary and not just cosmetic, agree in writing to let the tenant move back in at the same price and pay the tenant's moving expenses and extra temporary accommodation expenses.

COPE has also promised to tax vacant condo units, establish a $15-per-hour minimum wage and provide $30-a-month transit passes.

Wong made the announcement in front of an apartment building in the West End, where more than 90 per cent of people are renters.

Slightly more than 50 per cent of all Vancouverites rent.

Some residents in the 19-storey building at Broughton and Alberni fear a large-scale renoviction after developer Wall Financial Corporation purchased their entire block for $83.5 million.

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Nigeria. 200 abducted schoolgirls may soon be released: Government

There is cautious optimism in Nigeria Monday over local reports that the more than 200 abducted Nigerian schoolgirls may soon be released soon as part of a ceasefire agreement with the country's Islamic rebels, Boko Haram.

However, Nigeria's federal government has not yet provided details on the terms of the truce that was announced on Friday by the military.

President Goodluck Jonathan's government is "inching closer to the release of the Chibok girls," Nigerian government spokesman Mike Omeri said.

THE ASSOCIATED PRESS

Fashion world mourns. De la Renta dies at 82

Oscar de la Renta, the gentleman designer who shaped the wardrobe of socialites and Hollywood stars for more than four decades, has died. He was 82.

"I like light, colour, luminosity. I like things full of colour and vibrant," he once said.

De la Renta's specialty was eveningwear, though he also was known for chic daytime suits favoured by the women who would gather at the Four Seasons or Le Cirque at lunch. His signature looks were voluminous skirts, exquisite embroideries and rich colours.

The designer had been battling cancer since 2006, but the cause of his death is not known. Most recently, lawyer Amal Alamuddin donned a spectacular de la Renta gown when she married George Clooney. THE ASSOCIATED PRESS

Nigeria now Ebola-free; 'spectacular success story'

Dr. Fadipe was infected with Ebola and survived. He stands in front of the amount of Oral Rehydration Solution he took. WHO/THE ASSOCIATED PRESS

Had 20 cases. Most populous African country defies the odds receiving WHO praise; 9,000 people altogether have been infected in West Africa

Water laced with salt and sugar, and gallons of the nasty-tasting stuff.

Doctors who survived Ebola in Nigeria credited heavy doses of fluids with saving their lives as the World Health Organization declared the country Ebola-free Monday, a rare victory in the battle against the disease that is ravaging West Africa.

In the end, Nigeria — the most populous country in Africa, with 160 million people — had just 20 cases, including eight deaths, a lower death rate than the 70 per cent seen elsewhere across the stricken region.

Officials are crediting strong tracking and isolation of people exposed to the virus, and aggressive rehydration of infected patients to counter the effects of vomiting, diarrhea and other symptoms.

Nigeria's containment of Ebola is a "spectacular success story," said Rui Gama Vaz, WHO director for Nigeria.

Survivor Dr. Adaora Igonoh said the treatment is not easy. It entails drinking, as she did, at least five litres of the solution every day for five or six days when you have mouth sores and a sore throat and feel depressed.

"You don't want to drink anything. You're too weak, and with the sore throat it's difficult to swallow, but you know when you have just vomited, you need it," she said. THE ASSOCIATED PRESS

ROYAL CANADIAN MINT
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That cable cord looks good enough to cut, but experts say cutting cable and ordering the content you want à la carte will not necessarily cost less in the long run. MATT ROURKE/THE ASSOCIATED PRESS FILE

Cord-cutters will still pay the piper

To cut or not to cut?

That is the question many customers are asking these days, but experts warn going à la carte may not be cheaper

Cord-cutters rejoiced last week after HBO and CBS announced plans to sell standalone streaming services in the U.S., a move that cable and satellite television providers have resisted for years. Customers tired of paying big fees for hundreds of channels they never watch just to have access to a few favourite shows might be expected to start cancelling cable service in droves. Get Netflix, throw in HBO, add a network here and there — why would anyone sign up now for cable?

Well, don't sound the death knell for cable companies yet.

Some would-be customers may balk when they see just how much it actually costs to pay à la carte. Stations that offer services à la carte will have to pay for marketing that the cable and satellite companies usually cover. Fewer eyeballs on live TV could mean less advertising revenue, since online ads are generally cheaper, and that will boost the network's cost of running the channel.

And smooth streaming costs money: To avoid so-called "throttling" during peak evening viewing times, Netflix buckled to broadband distributors like Comcast and Verizon and paid up so that its streaming service would run at a higher bandwidth and work more smoothly. Those added costs might be passed on to customers.

And for all those cable haters out there, sorry: Cutting the cord won't mean cutting out your cable provider. They often own some of your favourite channels (Comcast owns NBC Universal, parent of Bravo and USA) and in most areas they are the gatekeepers to the Internet. Offering popular channels like HBO over streaming could actually help cable companies sell more expensive broadband services to customers.

"The cable business is evolving from mainly selling you a pay TV package to mainly selling you a broadband Internet service," says FBR Research analyst Barton Crockett. "Content companies and cable companies are evolving from being very worried about making their content available through Internet services to very excited about that. It's a way to sell their Internet and get people to pay for faster speeds."

THE ASSOCIATED PRESS

Market Minute

DOLLAR 88.62¢ (-0.06¢)

TSX 14,337.77 (+110.09)

OIL $82.71 US (-$0.15)

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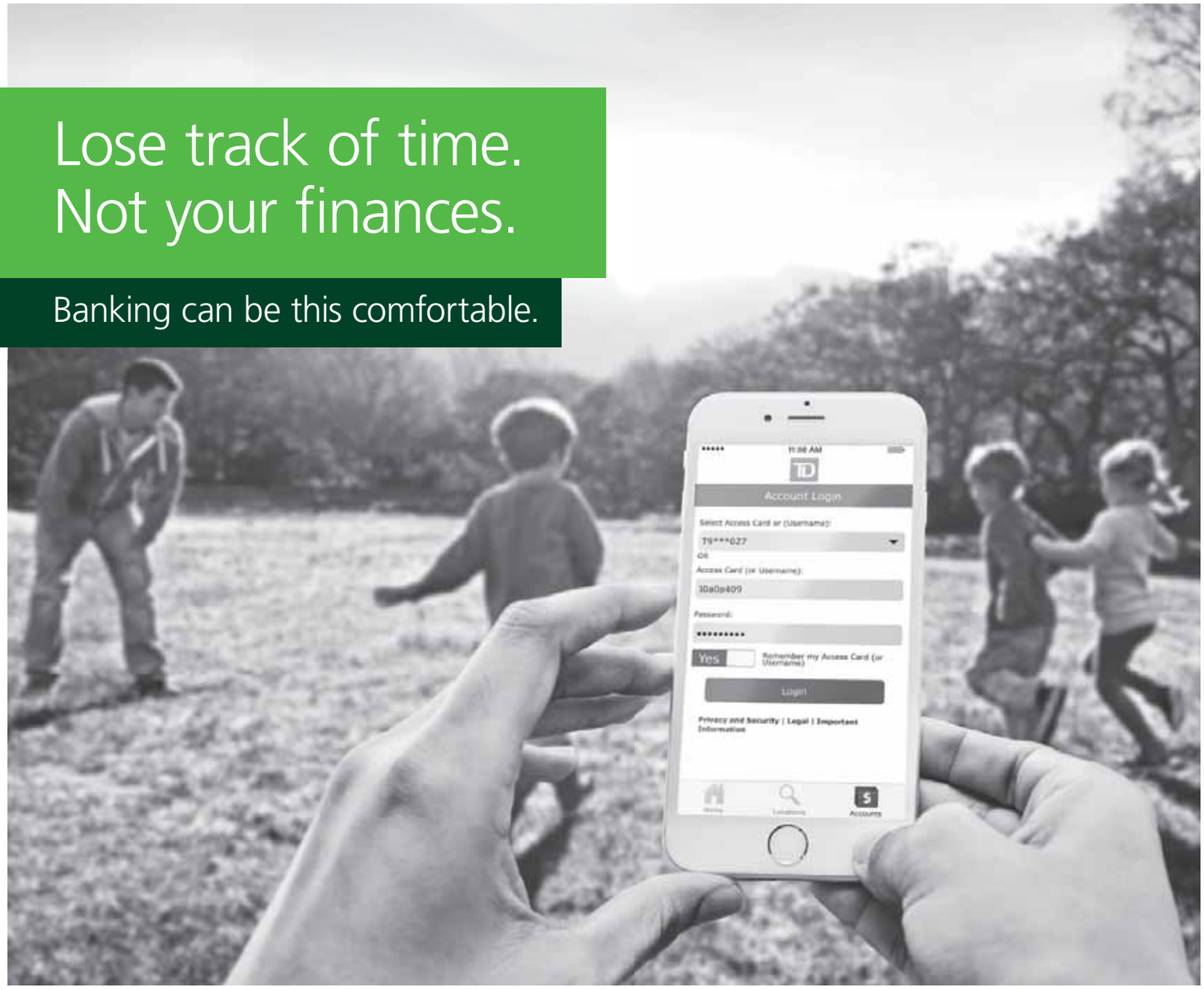

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STOP BITCHING ABOUT SKINNY BITCHES

SHE SAYS

Jessica Napier
metronews.ca

In case you've missed it, the booty seems to be having a bit of a cultural moment.

In her insufferably catchy song All About That Bass, singer Meghan Trainor croons about how she's got all the right junk in all the right places. Similarly, rapper Nicki Minaj's Anaconda and Jennifer Lopez's Booty are odes to women with large behinds (and the graphic and ridiculous videos are a whole other story).

The amount of radio airtime dedicated to these tracks is enough to make anyone's ears bleed, but there are also some deeper issues here. First of all, the lyrics focus on looking a certain way in order to earn the attentions of the opposite sex. This is nothing new, of course, but the fact that both Trainor and Minaj use the phrase "skinny bitches" to berate women with small physiques is not something heard very often on Top 40 playlists — until recently.

At first listen, these pop anthems might seem empowering, but the lyrics are written in such a way that celebrates those with certain physical characteristics while excluding and name-calling those who are different. And while it's probably going to take a lot more than a couple of pop songs to overhaul North America's reigning beauty esthetic, we shouldn't be championing a particular physique at the expense of another.

And yet there's an increasing amount of disdain in our modern-day beauty rhetoric for those who are skinny. Former model Katie Willcox founded her body-positive website Healthy is the New Skinny, in response to her own issues with the modelling industry and the pressure she felt to lose or gain weight in order to look a certain way. Willcox was told her natural Size 8 frame was too large for regular modelling but too small for the plus-sized world.

"Healthy is the New Skinny is a movement to support women all over the world to love themselves and each other," explains the site's manifesto. And while there are good intentions behind that mission statement and the philosophy certainly resonates with others (the site has almost 120,000 fans on Facebook), the brand name is a bit of a concern. I have to wonder... if the message here is about acceptance and self love, then why employ this "new skinny" cliché that undermines women with that body-type? Being healthy and skinny are not mutually exclusive concepts, and yet the name suggests just that.

Women don't need a "new skinny"; what we do need is to stop endorsing one body type over another and focus on our own individual happiness and physical well-being. Body types shouldn't be fetishized and health should be the ultimate goal, whether you're petite or plus-sized, muscular or minuscule.

Metro Bitstrips caption contest

Today's winner: Kim Barsby

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MetroTube

Sweets: Probably cooler than your dog

REBECCA WILLIAMS
rebecca.williams@metronews.ca

It may be the goggles, or maybe the fact that this bulldog is named Sweets. Actually, it's just everything. Can your dog play dead? Good for it. Taught your dog to open the fridge? That's impressive. But is your dog so awesome it can pass off the coolest sign of solidarity that is the "biker wave"? Christine Sutton/YouTube

SCREENGRAB

Comments

RE: Intimate memoir aims to build trust: Trudeau, published online Oct. 20, 2014

Don't people usually write memoirs after they've actually done something in life? I think I'll wait for the movie.
BlindHorse, posted to metronews.ca

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SEE THE NEWS COME ALIVE

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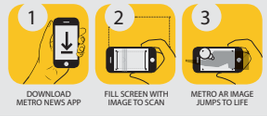

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DVD review

Snowpiercer

Director. Joon-ho Bong

Stars. Chris Evans, Tilda Swinton

●●●●○

You couldn't ask for a better metaphor for hell on Earth than what Bong Joon-ho has wrought with Snowpiercer: constant forward momentum while getting absolutely nowhere, suffering all the while. That's the track and plight for the title train and its mostly miserable passengers: the poor multitudes in the back and the rich few in the front. All are condemned to circle the planet non-stop or risk freezing from a new Ice Age caused by mankind's own stupidity. The audacious Korean genre director behind The Host and Mother makes his grandest statement yet with this art house blockbuster, rich in visual and thematic imagery. It's a sci-fi thriller best described, without diluting the director's own brilliance, as a combination of the home-restoring quest of The Wizard of Oz, the dystopian class struggles of George Orwell novels and the grotesque characters of French fantasists Jean-Pierre Jeunet and Marc Caro. A star-studded international cast, topped by Chris Evans, Tilda Swinton, Ed Harris and Octavia Spencer helps make Snowpiercer a feast for the eye as well as the mind. You never know when someone famous will pop up. **PETER HOWELL**

Saldana's success has her singing sweet tunes

The Book of Life.
Latest roles have actress priming her pipes and pondering a career change

NED EHRBAR
Metro World News in Hollywood

metro AR **Zoe Saldana voices the feisty Maria, who finds herself in the centre of a love triangle in The Book of Life. Scan this photo with your Metro News App to hear what producer Guillermo del Toro has to say about making this film.** CONTRIBUTED

Zoe Saldana could get used to this singing thing. She's been belting out tunes in films so often recently, The Book of Life star could even see herself launching another career.

In The Book of Life, Saldana gives voice to Maria, the feisty girl at the centre of a folklore love triangle between her two childhood pals: bull-fighter and guitar enthusiast Manolo (voiced by Diego Luna), and barrel-chested military hero Joaquin (voice by Channing Tatum).

Which suitor she chooses will determine the management structure of the underworld as squabbling gods La Muerte (Kate del Castillo) and Xibalba (Ron Perlman) vie for control of the Land of the Remembered.

Got all that? Oh, and the narrative is punctuated with mariachi-tinged versions of songs by Radiohead, Mumford and Sons and Biz Markie. Hence the singing.

For Saldana, coming off her long-anticipated Nina Simone biopic and this summer's Guardians of the Galaxy, breaking into song didn't feel so strange.

"I sang when I shot Nina, and I worked vigorously with an amazing voice coach. So by the time I started doing the sessions for Guardians of the Galaxy and we got to sing, it had been about a year so I just sort of remembered all those things."

What she remembered was telling herself it was OK to add another skill to her resumé, despite whatever reservations she might have had initially.

"It's amazing what you discover you're able to do once you really put your body and soul into a skill and you try nothing but to master it," she says. "You discover a lot about yourself, that you can actually do something if you put your mind to it. I realized that I'm not as bad or as tone deaf as I thought I was."

The film is also a celebration of Mexican culture, envisioned by director Jorge Gutierrez and shepherded by producer Guillermo del Toro.

"I have to say that Guillermo was an amazing godfather for this project. He believed and he fought for Jorge to have his vision," Saldana says.

"You are dealing with the beauty of a culture that, even though we've been neighbours since the beginning of time — since the beginning of America — there is so little that we know. The Mexican culture is so beautiful."

As for what is ostensibly a kids' film focused on coping with death and the idea of the afterlife? Saldana doesn't think it's such a crazy idea.

"It's an educational tool. It will give parents the ability to have that tough conversation with their kids," she insists.

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Kids in the Hall vet still a punk at heart

Bruce McCulloch's memoir covers three families: his dysfunctional childhood, his Kids in the Hall years and his current life with wife and kids. CONTRIBUTED

Bruce McCulloch.
Comic's new memoir reveals his insecurities

IAN GORMELY
scene@metronews.ca

Bruce McCulloch is called many things: funny, witty and on occasion, offensive. Rarely do words like "heartfelt" enter into the equation.

Yet it's the most appropriate way to describe the Kids in the Hall member's new book, Let's Start a Riot: How a Young Drunk Punk Became a Hollywood Dad.

"I think I'm this soulful guy who really loves people, but people don't think of me that way," admits McCulloch. "Maybe it comes out a little bit in the book."

Essentially an autobiography, Let's Start a Riot follows McCulloch's life from growing up a "loser in a jean jacket" in Calgary through to his life today.

Its genesis was a story he wrote for Calgary's Swerve Magazine called The Mouse and I.

That blossomed into a one-man show called Young Drunk Punk, from which he pulled many of the book's stories.

A television show written by and starring McCulloch is currently in production.

"The only reason I ever do anything is to connect with people," he says. "To write a story is one thing, but when you perform for other people, you can feel what's connecting with them."

On stage, McCulloch saw that audiences were connecting with the theme of family so he decided make that the focus of the book.

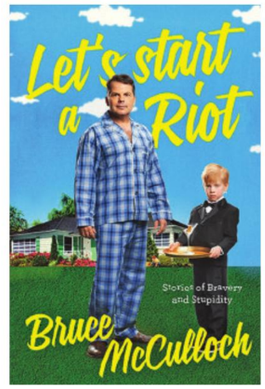
"The book is about my three families: the one I crawled out of, the Kids in the Hall, and the one I have now with my wife and kids," he says.

Along the way he tackles painful memories, including his fraught relationship with his dad.

But time has blunted much of the pain he experienced growing up in a dysfunctional family.

Quoted

"I think I'm this soulful guy who really loves people, but people don't think of me that way."
Comic and actor Bruce McCulloch



On not fitting in

- Despite his success, McCulloch still considers himself the young drunk punk he describes in his book. "As a 50-year-old doing a notes call with NBC, I still feel like the same weird outsider I did when I was 18 years old."
- That feeling of not fitting in is what drives the best comedy. "Everyone I know was a weirdo and a self-confessed loser at some point in their lives," he says.
- "There's the point of view of 'None of what you people are doing makes any sense.' I think that's the defining characteristic of every comedian I know."

"Harder in a way, almost, is talking about the Kids in the Hall or the inner workings of my marriage," he says. "Hopefully there's a comic lens to it."

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Your actual highway fuel consumption will vary based on how you drive and maintain your vehicle, driving conditions, and your vehicle's load. **Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2013, 2014, 2015 model year Chevrolet light or heavy duty pickup; delivered in Canada between, October 1 to October 31, 2014. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $1500 credit available on all eligible Silverado 1500 models; $750 credit available on all eligible Silverado 2500HD and 3500HD models. Whichever comes first. 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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Madonna. ALL PHOTOS GETTY IMAGES

Madonna-Britney shocker not that shocking after all

More than a decade ago, Madonna shocked MTV viewers by locking lips with Britney Spears (and Christina Aguilera) during a performance for the 2003 Video Music Awards, which might not seem like news, except Spears' manager, Larry Rudolph, feels like reminiscing.

And you might be surprised to learn — or, you know, maybe not — that the lip-lock was completely planned. Rehearsed, even.

"Madonna had been very, very, very rigid about the rehearsals. She was telling Britney and I every day, 'Be here tomorrow at 10 o'clock,'" Rudolph tells Billboard.

It all paid off, apparently. After the diva-on-ingenue smooch went off without a hitch, Rudolph found himself in an elevator with Madge herself.

She "wrapped her arms around my waist and gave me a big kiss on the lips," Rudolph says. "And she said, 'You see, Larry? It was all worth it.'"

Guess she was just really into kissing that night.

Avatar Secrets

Episode 6: Identity

In real life, Ramona heads to California, for Blizzcon, the gaming convention, and interviews players who have formed profound connections in the online world. "It's conceivable that a person might actually be more close to the person they're portraying in the virtual world than they are in the physical world," says John Seely Brown, author of The Gamer's Disposition. Scan this photo for a video of Seely Brown talking about what is "real."

COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Visit metronews.ca/avatarsecrets over the next few days as we post daily chapters from Avatar Secrets.

- **Collector cards.** You can also download 10 collector cards from the series!

The Word

Ariana seeks Miley's advice on celebrity life — yes, really

NED EHRBAR
Metro in Hollywood

It's tough being a Disney Channel alum turned international pop star, mostly because there are so few people who really get what you're going through.

Case in point: When Ariana Grande found herself feeling overwhelmed by nasty reports that she'd been caught swearing at her fans and that her life coach had up and quit on her, she had nowhere else to turn but Miley Cyrus.

"I was upset and I contacted Miley. I said, 'Miley, I'm so sad — what do I do? This isn't true. My heart is broken, I feel so bad,'" Grande tells the Daily Mirror.

"She was like, 'Girl, don't even look at it. Just be happy that you're blessed. You have family and friends that love you, you have fans that love you, who know what's true and what's not. It will blow over and, tomorrow, they'll be talking about something else.'"

I'm going to go ahead and assume Cyrus delivered this advice while lying spread-eagle on the hood of a car, tongue sticking out, but still, it looks like Grande has found a new life coach.

Shonda Rhimes

'No gay love scenes,' Rhimes tells tweeter, 'just scenes with people'

Here's a tip: Don't go on Twitter to complain to Shonda Rhimes about gay love scenes on the shows she produces, because she will respond. And she has a lot more followers.

A viewer named Dina Abdel Hakiem (925 followers) is getting more attention than she expected after tweeting to Rhimes (737,000 followers) that "the gay scenes on Scandal and How to Get Away with Murder are too much. There is no point and they add nothing to the plot."

Rhimes responded with a pair of tweets, starting with the simple, "There are no gay scenes. There are scenes with people in them."

She later added, "If you use the phrase 'gay scenes,' you are not only late to the party but also not invited to the party. Bye Felicia."

Alba's terrible at math, but great at making money

Jessica Alba should consider not worrying about acting.

Alba's eco-friendly lifestyle brand, The Honest Co., is gearing up to go public with a valuation just under $1 billion US, according to the Hollywood Reporter.

The firm was launched in 2012, employs more than 200 people in its trendy Santa Monica office, and is estimated to bring in more than $150 million in revenue this year. Not too shabby.

Jessica Alba

"I knew my strengths and weaknesses," Alba says. "I'm very creative, I'm a dreamer. I'm practical, but I think big. I'm not a businessperson. I'm terrible at math."

With that kind of money, you can pay people to do math.

Twitter

@pattonoswalt
Andie should've picked Duckie. It's where the 80s went wrong. It led to George W. Bush & 9/11.

@rickygervais
It's better to create something that others criticise than to create nothing and criticise others. Play nice everyone. & have a great day :)

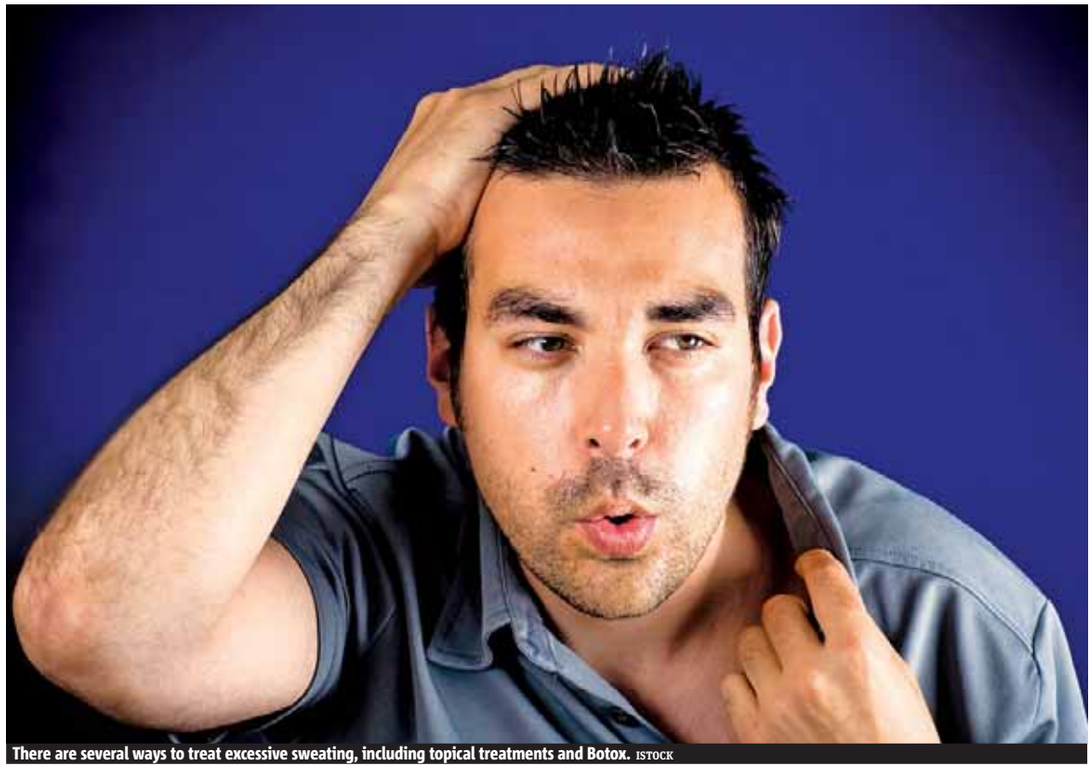
@Sethrogen
What does a guy gotta do to be cast in a goddam Nicholas Sparks movie already?

LIFE

There's no need to 'sweat it out'

Hyperhidrosis. There are ways to reduce excessive sweating and its embarrassing effects

IZABELA SZYDLO
life@metronews.ca


There are several ways to treat excessive sweating, including topical treatments and Botox. ISTOCK

There's the type of sweat that occurs when you finish an intense workout, after a few bites of your favourite spicy dish or during a 40-degree heat wave.

Then there's the type of sweat that happens even when you're simply sitting at your desk, eating a sandwich or when temperatures dip and everyone else is pulling out extra warm socks.

Medically known as hyperhidrosis, excessive sweating affects almost half a million Canadians, according to a Leger survey.

"If you have to worry about it, wear certain clothes, prepare for it, not do things because of it, then you're sweating too much," says Dr. Nowell Solish, the founder of Sweat Clinics of Canada, the first facility of its kind to specialize in treating excessive sweating.

Hyperhidrosis can occur anywhere, but most commonly affects the hands, feet, underarms, face, chest or back. Medical solutions depend on how bad the problem is and where it is occurring.

Solish says for the underarms he first recommends topical treatments such as antiperspirants and stronger aluminum chloride solutions, which are non-prescription but must be obtained from a pharmacist.

There are also a host of other options.

"If you're treating the underarm, Botox works extremely well with dramatic improvements in 95 per cent or more of patients. It lasts six to nine months," Salish says.

"Oral medications are better if you generally sweat, but the side effect is they will dry you everywhere, including your mouth and eyes."

For sweating of the hands and feet, Solish says a popular option is the use of an iontophresis machine. It passes mild electrical currents down cables to treatment electrodes that are in trays of water. Placing hands and/or feet into the trays completes the circuit and allows currents to flow into the skin where they slow secretion at the gland.

Solish says the most extreme solution is a surgery during which nerves in the spine that lead to sweat glands are cut. However, one side effect of the surgery is a patient may eventually start sweating in other places.

While Solish speaks freely about excessive sweating, another Leger survey found that more than half of Canadians say it is important to hide their sweating and nearly one in three are self-conscious about it.

"It's not the type of thing that comes up in conversation," says Solish. "I think people know they're excessively sweating. I don't think they know it is a disease that can be improved."

Ceri Marsh, an etiquette expert and co-author of The Fabulous Girl's Guide to Grace Under Pressure and The Fabulous Girl's Guide to Decorum, says she isn't surprised by the study's findings.

"Whether fair or not, we read into sweat all sorts of things like lack of hygiene or nervousness," she says. "If it is that bad, it is worth looking into whether you have hyperhidrosis. In the meantime, there are other things you can do."

Marsh says practicing "sweatiquette" is being aware of how you're managing sweat. She says planning is the key to preventing embarrassing moments.

"If you're at school or work, you want to keep a clean undershirt or top with you that you can change into," she says. "Secondly, natural fibres will be a lot better for you than synthetics because they breathe and won't leave you feeling clammy. Dressing in layers also helps.

"Finally, you want to give yourself more personal space to respect social boundaries at events."

High-fat diets could be worse for men

A recent study says the male brain could react differently to a high-fat diet than a female brain, taking on more of the negative side effects. ISTOCK

Anyone who's ever watched a young male athlete chow down fast food might be surprised by the findings of a new study conducted on mice fed a high-fat diet, in which the males were more likely to develop brain inflammation and heart disease than the females.

"For the first time, we have identified remarkable differences in the sexes when it comes to how the body responds to high-fat diets," says Cedars-Sinai Diabetes and Obesity Research Institute scientist Deborah Clegg. "The brains of the male mice became inflamed and their hearts were damaged. But the female mice showed no brain inflammation and had normal hearts during the diet."

Dr. Clegg and her team fed the mice what she says is the equivalent of a steady diet of hamburgers and soda. She couldn't say for sure what protected the females against the harmful effects of such an unhealthy diet but likens it to a chemical force.

"These findings on how the brains and bodies of males and females respond so differently to nutrients suggests we have to reconsider whether the diets and drugs we recommend for managing obesity may need to be sex-specific to be more effective," said Richard Bergman, PhD, director of the Diabetes and Obesity Research Institute.

If these findings do apply to humans — which is next on the team's list of things to find out — men need not despair just yet because the researchers say male brains can be manipulated to develop the protective characteristics of female brains.

At least in mice. AFP

For your phone

Breast Cancer: Beyond The Shock (ipad/ (Android/ iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This comprehensive and comforting video guide will give you a helpful understanding into the detection, diagnosis, and treatment of breast cancer. It's a great resource for both patients and family.

No, ice cream won't make it better

Study. New research suggests that comfort food may not bring you comfort after all

EVA KIS
Metro in New York City

Put down that pint of ice cream, don't order that tub of fried chicken, and skip that impulse candy bar purchase at the register. Whatever you eat when feeling sad, it's not working.

"Individuals may be giving comfort food 'credit' for mood effects that would have occurred even in the absence of the comfort food," concluded a study published in the journal Health Psychology.

The Myth of Comfort Food study out of the University of Minnesota found that comfort foods do lead to "significant improvements" in mood — just not any more than other foods, or no food at all.

After filling out a questionnaire about their favourite ways to eat their feelings, study subjects watched sad movies in two separate lab sessions.

At the end of one session, they were offered their favourite comfort food; at the other, they were either given a neutral food or nothing.

Researchers then measured any short-term mood changes.

Their conclusion: "Although people believe that comfort foods provide them with mood benefits, comfort foods do not provide comfort beyond that of other foods (or no food)."

While believing in the effectiveness of a therapy can have a major impact on its outcome, even those participants who believed that self-medicating with food would help were left no better off.

Harry Potter fans won't be surprised to learn that there was one exception to the comfort food myth: chocolate. Whether given to participants before or after the sad films, it definitely made them feel better.

Most food won't bring you comfort, though chocolate is one sweet exception. ISTOCK

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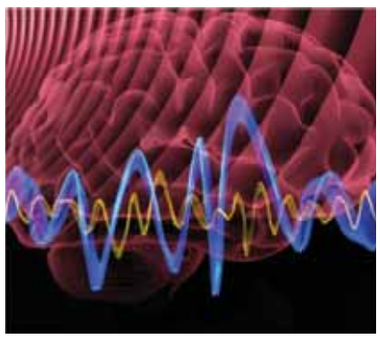

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Admission is free; seating is limited.

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OXFAM Canada

AN OUNCE OF PREVENTION

It's cold and flu season and time to arm yourself with some prevention strategies.

The cold includes the sniffles and generally infects your nose and throat, says Glenda Hubley, a registered nurse in Sault Ste. Marie, Ont. The flu, on the other hand, can affect your respiratory track and cause complicated breathing issues. It often causes aches and pains everywhere, too.

How can you protect yourself from catching one or the other?

• Good handwashing habits is the golden standard for both cold and flu protection. Wash your hands frequently to wash away germs. Wash with soap and water, using the lather to wash the front and back of hands and in between fingers and under nails for at least 15 seconds. Then rinse under warm running water and dry with a clean towel. Use alcohol-based hand cleaners if soap and water are not available.

• Be sure to teach everyone in the family to wash their hands properly. Don't use a common hand towel when someone is sick. Launder towels in the house everyday when someone is sick.

• Germs spread when people with a cold or flu cough, sneeze or talk. If you have to cough, cough into your sleeve or a tissue.

SHUTTERSTOCK

"What you don't want to do is cough onto your plate of food or your fork," Hubley says.

• Be conscious of what you are doing with your hands during cold and flu season. "Do not touch your mouth, then touch your face and touch the food you eat," Hubley says.

• The Centers for Disease Control and Prevention recommends keeping your immune system strong by eating healthy foods, getting regular activity, and getting adequate sleep. A person is constantly exposed to germs in public and it's how their immune system deals with the germs that determines whether or not they will get sick.

• Clean and disinfect surfaces or objects that a lot of people touch in the house such as doorknobs, light switches, TV remotes, telephones, and keyboards.

• Don't smoke. WebMD reports that heavy smokers get more severe colds and more frequent ones.

• Take some time to relax. Relaxation is thought to help rev up your immune system.

– *Ylva Van Buuren*

FLU SHOT HELPS

Health organizations including Health Canada and the U.S. Centers for Disease Control and Prevention say the best way to prevent the flu is to get the flu vaccine each season.

According to Health Canada, the flu vaccine will help protect you if you are exposed to the virus, help stop you from getting very sick, and help prevent you from passing the virus on to others.

For information, talk to your healthcare provider, pharmacist or local health unit.

The Public Health Agency of Canada (phac-aspc.gc.ca) provides more information about the flu shot.

Echinaforce® is the only product approved by Health Canada for both **prevention and treatment of cold & flu**.

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SHUTTERSTOCK

Keep your immune system strong

Along with cooler temperatures, fall also ushers in cold and flu season; tens of thousands of Canadians will soon be coughing, sneezing and feeling under the weather.

"The key to staying healthy during this time of year is to focus on prevention," says Sherry Torkos, a pharmacist and author of The Canadian Encyclopedia of Natural Medicine. Torkos also offers tips on her website, sherrytorkos.com.

There are many effective prevention strategies.

"Most important of all is maintaining a strong immune system," Torkos says. "That way, your body will fight off an infection before it gets out of control and makes you sick."

Perhaps the most popular immune booster is echinacea purpurea. In 2012, scientists at the Cardiff University School of Biosciences completed the largest clinical study on echinacea purpurea in history, using A. Vogel's Echinaforce®, a proprietary extract obtained from fresh organic, GMO-free plants. The study found that this particular preparation of echinacea effectively enhances the immune system and reduces the incidence and duration of cold symptoms.

Based in part on this finding, Health Canada approved Echinaforce® for both prevention and treatment of cold and flu, and deemed it safe to take regularly up to four months, making it a great and natural way to stay healthy this winter.

Distributed in Canada for more than 50 years, A. Vogel products are sold in 30 countries worldwide.

Step into fall at Royal Centre Mall

Damp, cool weather is just around the corner. Are your feet ready?

This fall, give them the royal treatment at Royal Centre Mall.

Office footwear expectations remain constant year-round, regardless of the weather. Thankfully, downtown denizens can keep their footwear maintained and free from weather damage at Royal Centre Shoe Doctor.

The locally owned shop has been repairing the shoes of urbanites for years. Get your well-loved pairs re-soled in time for the wet weather, buy that much-needed insole, or swap your tired-looking laces for some fresh ones. Sometimes a brush-up is as good as a new pair of shoes or boots.

Once you are home and outdoor footwear is no longer required, slippers are priority No. 1.

Royal Centre Shoe Doctor carries real sheepskin slippers that will keep you toasty from the toes up.

Winter mud puddles are inevitable. If you need a quick spiff-up before an important meeting, treat your shoes at Joe's Shoe Shine.

Born and raised in Newfoundland, Joseph Jesseau started his shoe shine stand at Royal Centre Mall 36 years ago with just a couple of loose chairs and has perfected the art of the polish ever since.

"I was here before McDonald's, Tim Hortons and Starbucks came in," says Jesseau, whose clients range from lawyers at nearby firms ("They love to get a shine," he says), to international stars including Jennifer Aniston, Wayne Gretzky, and everyone in between.

Five minutes and $7.50 gets you a shoe wash, polish and brush. Many people stop in at lunchtime on their way to the Royal Centre Mall food court, Jesseau says.

"I love it here," he says, stopping to wave at a passing staffer from the Hyatt hotel. "Tenants at Royal Centre are really nice and friendly. I don't want to retire. I like people."

STAYING WARM AND STYLISH

This fall, get the accessories you need to stay warm and stylish at downtown's Royal Centre Mall.

Looking for a scarf? You will find more than one cosy option at Vasanni Fashion.

Spice up your fall wardrobe with sharp workwear for women at Bellissima and for men at Giorgios.

Looking for the latest fall footwear? Valentini Shoes has you covered.

Joseph Jesseau started his shoe shine stand at Royal Centre Mall 36 years ago. JENNIFER GAUTHIER PHOTO

Health Solutions

That apple is, like, so last hyper-season

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The foodie wind, she is a blowin', and it is now all about access to hyper-seasonal.

The hyper-local trend has staying power as farmers markets continue to grow, and there is nothing like fresh fruits sold to you from the gnarly, hard-working hands of the people who planted, nurtured and picked them. What could possibly make you feel more connected to Mother Nature?

Layer that same feeling, now, into a modern world where exquisite foods can be flown across the country for all to enjoy, but with the caveat that the season is perishable.

This is a very different concept than the year-round access to pithy tomatoes or tasteless strawberries! The hyper-seasonal trend is about here today, gone tomorrow but with an all-access pass.

One such food, which is also the new kid on the block, is the crisp and tangy-sweet apple SweeTango.

It is unlike any other apple you have tasted so far and well worth finding while the gettin' is good.

As Franco DiLiberatore, vice president of sales and marketing at Scotian Gold Cooperative in Nova Scotia shares, "We're really excited about the SweeTango hyper-season this year because, as a relatively new variety, this is the first time Canadians across the country will be able to find them."

Find these fruits of Eve and pair them with a perishable stout craft beer and some fresh cheese for your next party. Rounding up items from all over the world that are unique and slightly hard to find creates a "must attend" feeling. Your parties will be the ones on the block that everyone can't wait for... just like the apple season.

THERESA ALBERT IS @THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM

Apples star in an easy choose your own adventure recipe

Baked Apple Chicken.

This recipe will make a more fancy appetizer at your next party or a quick weeknight meal

There is something about the zing of an apple paired with the zest of goat cheese, and heft of thyme and rosemary that will make this simple, one-dish bake a go-to weeknight recipe.

If you have time, roll the breasts and pin them to cut into pinwheels for lovely appetizers. If not, slap them into the dish and in the oven in no time. The taste is the same, just the presentation is different.

Ingredients

- 2 SweeTango Apples
- 1/2 fresh lemon
- 3/4 cup plain Greek yogurt
- 3 oz goat cheese (chevre)
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp white pepper
- 1 clove garlic, minced
- 4 boneless skinless chicken breast halves
- 1 tsp extra virgin olive oil

1. Grate 1 SweeTango apple into bowl. Slice the remaining apple into thin wedges, drizzle with lemon and set aside.

2. Add yogurt, goat cheese, thyme, rosemary, pepper and garlic to grated apple, mix well.

3. Lay the chicken breasts onto the counter on a piece of plastic wrap, cover with a second sheet of plastic wrap. Pound with your fists or gently with a meat mallet to thin to a half-inch.

4. Drizzle oil into a baking dish. Place thin layer of apples into dish. (Be sure dish is large enough that they are not touching.)

5. Lay chicken onto apples and spread yogurt mixture on chicken breasts and then lay apple slices on top.

6. Cover with foil and bake at 400 F for 15 minutes, remove foil and bake for 5-10 more or until chicken is cooked through. Serve hot or chill in fridge and serve cold with greens.

metro AR This SweeTango Baked Apple Chicken recipe makes four servings. Use your Metro app to scan this photo for a video of Theresa Albert planning a party with hyper-seasonal foods. THERESA ALBERT

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY SWEETANGO

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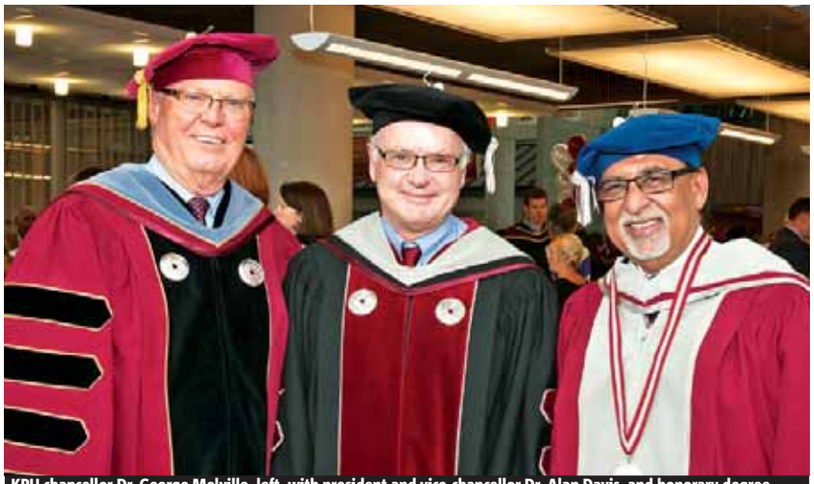

KPU chancellor Dr. George Melville, left, with president and vice-chancellor Dr. Alan Davis, and honorary degree recipient Arvinder Bubber, who served the university for six years as its first chancellor. CONTRIBUTED

New chancellor takes on role at Kwantlen

DANIEL HENDRIKSEN
For Metro

Dr. George Melville has had a long-standing relationship with Kwantlen Polytechnic University (KPU). A former member of the school's board of governors, Melville was an integral part of the effort to transition KPU to a university from a community college. He and his wife, Sylvia, donated $500,000 in 2012 to create the Melville Centre for Dialogue at KPU Richmond. Melville is also the recipient of an honorary doctor of laws from the university.

Melville's relationship with KPU has grown even stronger as he was recently named the school's next chancellor. The chairman and owner of Boston Pizza International was officially installed in the position for a three-year term earlier this month.

"My connection to Kwantlen Polytechnic University goes back over 25 years and includes roles as a KPU parent, a KPU board member and, most recently, an honorary KPU degree recipient," Melville said in a press release. "I am very pleased to take on this new opportunity as chancellor and look forward to representing the students, the faculty, the staff and the community supporters of KPU in the years ahead."

In addition to naming Melville the university's new chancellor, KPU also presented four honorary degrees at its annual fall convocation. Arvinder Bubber, the school's former chancellor, Jane Adams, Surrey Memorial Hospital Foundation (SMHF) president and CEO, Mike McKay, former Surrey School District superintendent, and Surrey Mayor Dianne Watts all received recognition for their outstanding contributions to the community.

Bubber was raised in India and earned a bachelor of science from Panjab University in 1971, before immigrating to England and then Canada. He has been KPU's chancellor since 2008.

Adams has raised millions of dollars for fundraising campaigns with both the SMHF and St. Paul's Hospital.

Now retired from the Surrey School District, McKay remains project director for the Canadian Self-Regulation Initiative and strategic adviser to the ministry of education.

Watts was elected the city's first female mayor in 2005 and has since been re-elected twice. Before her time as the city's mayor, Watts spent nine years as a city councillor.

UBC. Dual degree introduced

The University of British Columbia (UBC) recently announced that starting next year it will offer a dual degree program that includes a bachelor of science or arts along with a master's of management.

The bachelor plus master's of management dual degree will be the first of its kind in Canada and commence in September 2015. The program will allow students to integrate their undergraduate studies with graduate-level business training. They will receive hands-on experience and enhanced career services from UBC's Sauder School of Business. Students enrolled in the program will graduate in just 4.5 years.

The program is being offered through Sauder's Robert H. Lee graduate school and the faculties of arts, science, forestry and the school of kinesiology. UBC is expecting approximately 300 students from not only Canada, but all over the world to enrol in the program over the next five years.

The business part of the dual degree increases throughout the four-year undergraduate portion and finishes with a six-month business intensive course load. DANIEL HENDRIKSEN

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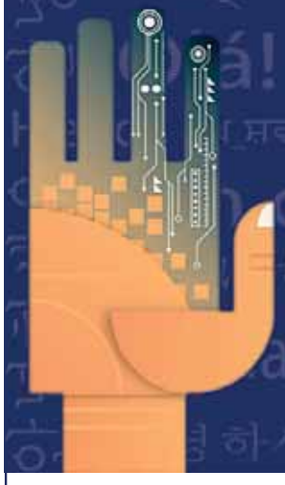

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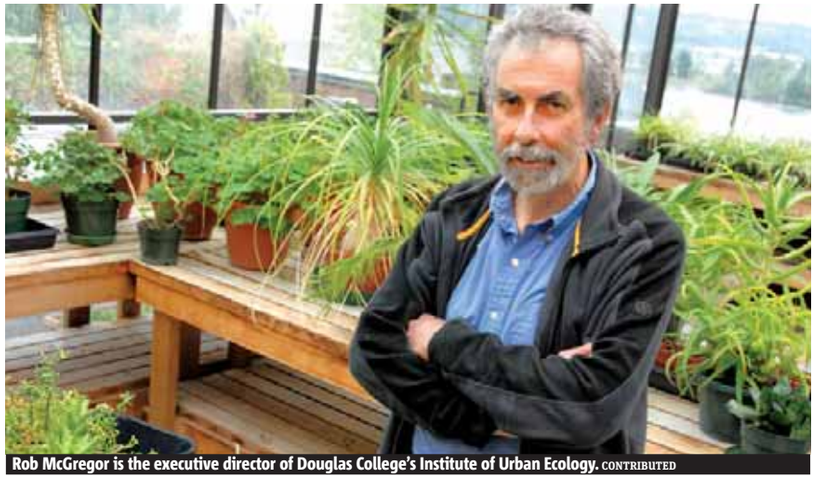

Rob McGregor is the executive director of Douglas College's Institute of Urban Ecology. CONTRIBUTED

Douglas receives donation

DANIEL HENDRIKSEN
For Metro

Two programs at Douglas College will benefit from a $12,000 donation from RBC. The funds were contributed to Douglas in order to support educational programming for youth and community members around ecological and environmental issues.

Environmental Education Workshops and the User Network for Insect Biology in the Urban Garden (UNIBUG), both part of Douglas' Institute of Urban Ecology (IUE), will be the main benefactors of the donation from the RBC Foundation.

The UNIBUG program is the IUE's newest program and works to educate the public about beneficial insects in urban gardens. Rob McGregor, the institute's executive director, spoke in a media release about the importance of the money and how appreciative his department is to receive it.

"We are very grateful to receive this generous donation and continued support from RBC," McGregor said. "This donation will be instrumental in allowing us to continue our work educating youth about ecological and environmental issues and the larger community about ecological approaches to food production."

Jackie Smith

"At RBC, we believe interactive education programs help bring excitement into learning and complement school programming," said Jennifer Cabeldu, RBC manager, donations, brand and communications, B.C. region. "RBC is a longtime supporter of Douglas College's Institute of Urban Ecology and its educational initiatives. We are proud to support these unique programs that take kids on an adventure in learning, and enlighten and engage the broader public."

BCIT Foundation names new executive director

With the British Columbia Institute of Technology (BCIT) celebrating its 50th year, the BCIT Foundation will be starting the next half-century with a new executive director. Paul McCullough, vice-president of Advancement and Alumni Relations, recently announced that Jackie Smith has been appointed to the position.

Smith is a BCIT alumnus, having graduated from the school's business administration, hospitality and tourism program. She comes to the BCIT Foundation from Peace Arch Hospital and Community Health Foundation, where she served as executive director for the past 11 years. With Smith at the helm, the foundation saw substantial growth and put together some successful campaigns, including the $24-million Partners in Caring campaign that delivered four priority projects to the community.

"We are delighted to have Jackie joining BCIT," McCullough said in a media release.

To learn more, please visit bcit.ca/foundation.

LEARN ONLINE Guided online learning, instructor-led, in a highly supported environment

Psychiatric Nursing (online): This 23 month program is recognized by the College of Registered Psychiatric Nurses of BC (CRPNBC). Entry-level earnings start at $30.79/hour to $40.42/hour. Stenberg College grads will receive advanced standing and can complete a Bachelor of Psychiatric Nursing (BPN) at Kwantlen Polytechnic University in 4 semesters.

Therapeutic Recreation – Gerontology (online): Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health for seniors. Earn up to $23.50/hour.

Education Assistant / Special Education Assistant (online): Become an Education Assistant in just 9 months! Average starting wage in school districts ranges from $20 - $26/hour. You will receive training and certification from the Provincial Outreach Program for Autism and Related Disorders.

You may be eligible for government student loans, grants and bursaries.

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Simon Fraser University and Indian Oil Corporation Ltd. recently signed a memorandum of understanding in New Delhi. CONTRIBUTED

Simon Fraser and Indian Oil sign MOU

DANIEL HENDRIKSEN
For Metro

A collaboration that was agreed upon earlier this year between Simon Fraser University (SFU) and Indian Oil Corporation (IOC) Ltd. has grown stronger. The two sides recently signed a new memorandum of understanding (MOU) in New Delhi.

SFU president Andrew Petter was in India as part of the B.C. premier's India mission. Building on their existing relationship, this new agreement allows SFU and the IOC to work together on hydrogen and fuel cell research with a focus on clean energy technology and advanced materials.

"SFU is internationally recognized for its expertise in hydrogen and other clean energy technologies, and we are excited about the collaborative initiatives we are developing with Indian Oil," Petter said in a media release. "This partnership will facilitate exchanges that allow SFU faculty and students to conduct research in IOC's world-class R&D facilities, while providing IOC researchers opportunities to work at SFU, furthering the field globally."

JIBC. Awards of excellence handed out

More than 50 people were recently honoured by the Justice Institute of British Columbia (JIBC) at the institute's 14th annual JIBC awards of excellence ceremony.

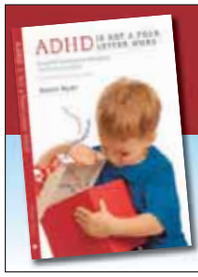
Jodie Marshall, the manager of medical responder programs in the JIBC health sciences division, took home the President's Award. The honour is saved for those who contribute to the achievement of JIBC's vision and consistently demonstrate the values of the organization. Marshall has worked hard to expand delivery of emergency medical responder (EMR) courses at JIBC and with partner institutions around the province.

The JIBC instructor of the year award went to Sherri Calder, a registered clinical counsellor who has been teaching conflict resolution courses at JIBC for more than 12 years.

Some of the others honoured were: Greg Wright, regional training co-ordinator, school of health, community and social justice — service excellence award; Port Moody police Chief Const. Chris Rattenbury — distinguished alumni award; Jim Boerma, project manager, office of applied research and graduate studies — excellence in applied research award.

JIBC also honoured the following staff members who have served the institute for more than 20 years: Wendy Boulter, school of public safety; Lynda Getz, student affairs; Rob Hooft, JIBC library; Robyn Kowan, school of criminal justice and security; Gail Makowsky, student affairs; Cynthia Teo, finance and administration; and Sherri Rudeloff, school of public safety.

DANIEL HENDRIKSEN



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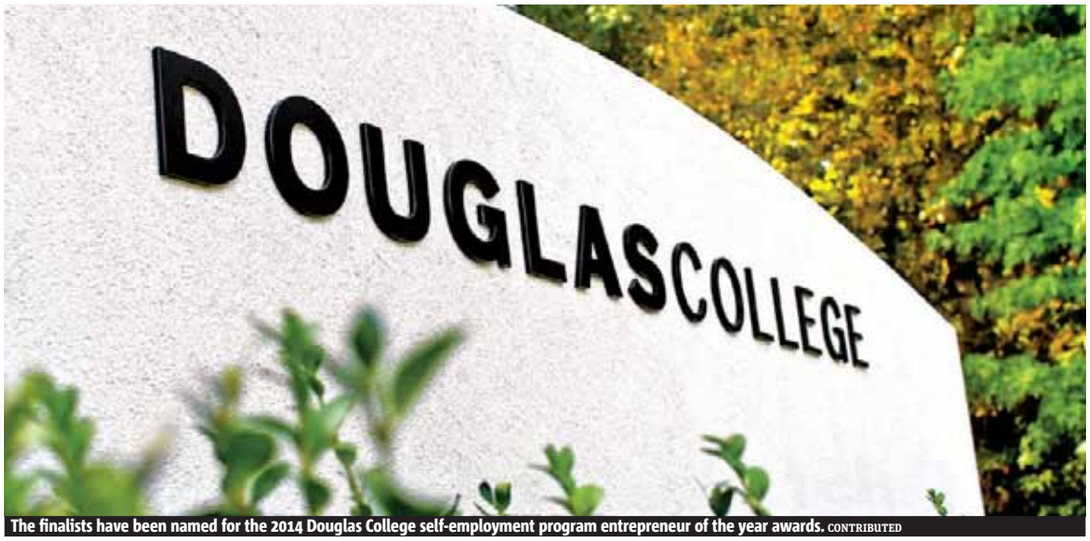
Douglas names finalists for awards

DANIEL HENDRIKSEN
For Metro



The finalists have been named for the 2014 Douglas College self-employment program entrepreneur of the year awards. CONTRIBUTED

The finalists have been named for the 2014 Douglas College self-employment program entrepreneur of the year awards. The event is designed to recognize small businesses and entrepreneurs in the Lower Mainland who have graduated from Douglas College's self-employment program.

Michelle Jickling, business consultant of the self-employment program at Douglas, spoke about the awards and why they are important.

"Launching and running your own business requires a tremendous amount of planning, dedication and hard work," Jickling said in a media release. "These awards are about celebrating the success of our graduates."

The finalists are up for awards in eight categories. They are as follows:

Construction and manufacturing: Colin Dion, Transition Construction, Maple Ridge; Sohrab Pakseresht Esmaeil, Labyrinth Art Interiors, Port Moody; Zahra Majzoubi, Zara Custom Curtains Ltd., Coquitlam.

High-tech: Jim Anderson, Anderson Prototypes, Port Moody; Don Lekei, Help-My-Tech, Maple Ridge; Douglas Beech, HiretheWorld, Burnaby.

Home based: Stacey Allward, ABS Consulting Services, Vancouver; Leann Fox, BackPAC Fundraising, Port Moody; Anne James, A Place For Everything, New Westminster.

Perseverance: Manmeet Nina Kaur, Ethical Financial, Surrey; Pamela Baxter, Cascadia Gluten-Free Foods, North Vancouver; TamAirah Pedersen Campbell, The Style Chamber, Pemberton.

Retail: Carrie Tang, Bronco Belle Texas BBQ & Grill, Coquitlam; Dale Breedveld, Over The Top Turkey, Surrey; Brenda Fraser, Brenda's Bangles & Baubles, Coquitlam.

Service: Mike Oakley, Home James Services for Seniors, Port Coquitlam; Raj Aujla, Path to Sobriety, New Westminster; Antoaneta Eneva, A1 Design Studio Inc., Port Moody.

Smartest start: Rebecca Wood Barrett, Buzzworks Creative, Whistler; Timothy Danielson, Character Industry, Surrey; Christopher Szewczyk, Antipasti Catering, Whistler.

Youth: Dewan Bayney, Kontakt Records, Port Moody; Angela Ripolo, Heart & Soul Fitness, New Westminster; Mehrnaz Jackie Bassiri, MyGradeBooster, North Vancouver.

The winners will be announced at the Executive Plaza Hotel and Conference Centre in Coquitlam on Tuesday. Registration and networking will take place from 5:30-6:30 p.m., followed by the awards presentation at 7 p.m.

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Your own private oasis in Vancouver

Vancouver Community College Salon and Spa

CONTRIBUTED

Vancouver Community College Salon and Spa is a "hidden gem" within the city with high-end hair care, skin care and makeup lines.

"Clients are treated to a serene and calm atmosphere in the spa where you can have a facial and manicure and feel like your own private oasis," says Geeta Charach, business manager, VCC Salon and Spa.

"The salon offers the hustle and bustle of different stylists creating different looks for clients using up-to-date colour, cutting and styling techniques that you would find in a high-end salon."

The VCC Salon and Spa is a new, modern salon and spa with affordable prices, conveniently located in the downtown core and home to VCC's hair design and skin and body therapy students.

"Our instructors work with the students to provide guidance to ensure that our clients have the best experience possible," Charach says.

Each month, VCC Salon and Spa offers a number of promotions, including: Haircuts for $11 everyday, which includes a cut, shampoo and blow dry; ombres starting at $60; customized facials starting at $32.50; and 40 per cent off selected hair and spa products.

For more, connect with Vancouver Community College on Facebook, Twitter, Instagram, Pintrest, or vcc.ca/salonandspa.

CONTRIBUTED

MAKING A DENT IN THE AUTO INDUSTRY

WITH VANCOUVER COMMUNITY COLLEGE

Car accidents happen, and when they do, someone needs to fix them.

Through the auto collision repair and refinishing department at Vancouver Community College (VCC), students will stay on top of new repair techniques and procedures.

"Our industry is in the midst of a technical revolution," says John Martinolich, VCC collision repair instructor in the auto collision repair and refinishing department. "The emphasis on fuel conservation and the environment has caused vehicle construction to rapidly change."

Students entering the workforce out of VCC will be able to capitalize by learning the correct repair/replace procedures on these vehicles before they are the industry norm.

"This industry is great to get into because of its great pay," Martinolich says. "It's in high demand and it's rapidly changing technologies."

The VCC auto collision and refinishing program prepares students for a career in collision repair or refinishing by giving them the skills they need to succeed.

These programs are designed for anyone who has an interest in automobile industry. The programs start with the basics and progress to journeyman level training.

Students learn about safety, tools and equipment, welding, construction and components, sheet metal repair, plastic and composites repair, surface preparation, and detailing.

"Basically everything that could be involved in a car accident or auto restoration," he says.

Students taking the refinishing program learn all the steps required to prepare a vehicle for painting, including colour matching and paint application.

"The refinishing process itself is artistic because it involves a creative mind to match and blend colours," Martinolich says. "The fulfilment of taking a job from its repair state to the completed paint process is very rewarding."

The collision repair apprenticeship is four years in length and the refinishing apprenticeship is three years in length.

For more information, visit vcc.ca/auto.

INFORMATION SESSIONS

For those individuals looking to get started in this thriving industry, attend one of the information sessions held every Tuesday at 11 a.m. at the BWY campus. For more information, please visit vcc.ca/autoinfo.

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Program	Campus
University transfer Wednesday, Oct. 22, 4:30 p.m. – room 4001	Broadway
Adult upgrading Wednesday, Oct. 22, 4:30 p.m. – room 4001	Broadway
Dental hygiene Wednesday, Oct. 22, 5 p.m. – room 501	Downtown
Skin and body therapy (esthetics) Wednesday, Oct. 22, 4:30 p.m. – room 201	Downtown
Hair design Wednesday, Oct. 22, 4:30 p.m. – room 201	Downtown
Culinary arts Thursday, Oct. 23, 9:30 a.m. – room 112	Downtown
Teaching English to speakers of other languages (TESOL) Thursday, Oct. 23, 5 p.m. – room 518	Downtown
Addiction and community counselling skills Monday, Oct. 27, 6 p.m. – room 237	Downtown
Access to careers and education Monday, Oct. 27, 11 a.m. – room 236	Downtown
Music Monday, Oct. 27, 4:15 p.m. – room 3228	Broadway

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

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The other Rodgers

CFL. Lions newcomer knows comparisons to older brother of NFL fame are coming

CAM TUCKER
cam.tucker@metronews.ca

Jordan Rodgers throws while on the run during his tenure as the quarterback for Vanderbilt University in November 2012. Rodgers has been added to the B.C. Lions practice roster. STACY REVERE/GETTY IMAGES

It apparently happened once already Monday, and might happen a few more times as the week goes along.

Quarterback Jordan Rodgers, added to the B.C. Lions practice roster, briefly noted that someone had mistakenly called him Aaron during his first official day of work with the local Canadian Football League club.

Rodgers is the younger brother of Green Bay Packers and Pro Bowl quarterback Aaron Rodgers.

The newcomer was on the receiving end of some good-natured ribbing from his B.C. teammates for his family lineage.

"I'm confident in myself and my abilities. I know I'm not my brother. I'm a separate person, so I'm OK with that," said Rodgers, who attended Butte Junior College before making the jump to Vanderbilt University.

Wearing No. 18, Rodgers was one of five quarterbacks to take part in the Lions' practice in Surrey as the club returned from a bye week.

The Lions, on the road Saturday against the Winnipeg Blue Bombers, are still working to clinch a playoff spot, and that may have to come in the crossover into the East Division.

For Rodgers, these next several weeks appear more an audition for next year.

"First impressions are he's a pretty confident individual," said head coach Mike Benevides.

Rodgers has bounced around three NFL markets, the last being the Miami Dolphins.

He had double sports hernia surgery in 2013 after tearing his groin as a rookie with the Jacksonville Jaguars, and underwent surgery to repair a partially torn labrum and tightening of the interior capsule in his right shoulder in 2010 while at Vanderbilt.

Rodgers threw during the off-season with Lions backup quarterback John Beck down in San Diego.

His biggest connection remains Aaron Rodgers, quarterback of the Green Bay Packers.

The comparisons to his older brother are nothing new for Rodgers.

"It's done nothing but give me an advantage to have the resource that he is, be able to pick up the phone and talk to him about playing the same position that he's really good at. So it's been a blessing."

No timetable for comeback

Lulay returns to practice

Lions quarterback Travis Lulay, still on the six-game injured list with a dislocated shoulder suffered in Week 11, was back at practice.

He tossed the ball around and got in very limited reps with the offence.

Lulay has missed most of this season due to the problematic throwing shoulder, which was surgically operated on last November.

Lulay was injured again in his first start, back on Sept. 5 against the Ottawa Redblacks.

He doesn't have a specific date in mind for a return.

"I want to push it to the point of not setting myself back," said Lulay.

NHL

Voynov banned over domestic violence suspicions

The NHL suspended Los Angeles Kings defenceman Slava Voynov indefinitely Monday after the two-time Stanley Cup winner's arrest on suspicion of domestic violence.

Voynov was booked and released at the Redondo Beach jail after his arrest early Monday morning at a Torrance hospital on suspicion of corporal injury to a spouse, Redondo Beach police Lt. Joe Hoffman said. The 24-year-old Russian defenceman posted $50,000 US bail.

Craig Renetzky, the lawyer representing Voynov, told The Associated Press that Voynov hasn't yet been charged with a crime. His next court date is Dec. 1, Renetzky said.

THE ASSOCIATED PRESS

CHL

More major junior labour unrest

A class-action lawsuit launched against the Canadian Hockey League alleges its players are underpaid and seeks millions in financial compensation.

The suit claims players have been paid less than the minimum wage required by law in their regions and asks for $180 million in back wages, overtime and vacation pay, as well as punitive damages.

The CHL is the umbrella organization for the Western Hockey League, Ontario Hockey League and Quebec Major Junior Hockey League. It touts itself as the top development league for the NHL. THE CANADIAN PRESS

Martavis Bryant of the Steelers catches a 35-yard touchdown pass against the Texans' Andre Hal on Monday in Pittsburgh. JUSTIN K. ALLER/GETTY IMAGES

Steelers shell Texans with 3 TDs in just over a minute

Ben Roethlisberger passed for two touchdowns and wide receiver Antonio Brown added another on a gadget play during a dizzying stretch late in the first half, helping the Pittsburgh Steelers rally for a 30-23 win over the mistake-prone Houston Texans on Monday night.

Pittsburgh (4-3) needed just over a minute to turn a 10-point deficit into an 11-point lead as the Texans self-destructed while losing their third straight.

Monday Night Football

Steelers	Texans
30	23

Roethlisberger finished with 265 yards passing. Le'Veon Bell racked up 145 yards of total offence and rookie wide receiver Martavis Bryant caught a momentum-swinging touchdown pass in his first NFL start.

Arian Foster ran for 102 yards for Houston (3-4), but just 29 over the final three quarters. Ryan Fitzpatrick was 21 of 32 for 262 yards with two touchdowns and an interception but the Texans were undone by three turnovers.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't try to work out the best way to tackle a difficult situation, just do what feels right now. Fate will guide you in the right direction.

♉ Taurus
April 21 - May 21
The approaching eclipse marks either a turning point or a point of no return. Which it is depends on your attitude. What goes out of your life over the next few days you really no longer need.

♊ Gemini
May 22 - June 21
You cannot escape your commitments but you can make life easier for yourself by taking a more active interest in the events of everyday life.

♋ Cancer
June 22 - July 23
Pluto in your opposite sign of Capricorn is testing how strong your friendships and relationships are. What happens this week makes clear who you can trust, and love.

♌ Leo
July 24 - Aug. 23
You know what needs to be done and you know it must be done now. So get your act together and get moving — then don't stop.

♍ Virgo
Aug. 24 - Sept. 23
You are about to embark on a highly positive phase. There is every reason to feel optimistic about the future — well, your future anyway — so cheer up.

♎ Libra
Sept. 24 - Oct. 23
You can continue to deny you have a problem but that won't make it go away. The planets urge you to face what needs to be changed in your life.

♏ Scorpio
Oct. 24 - Nov. 22
You need to put minor disagreements behind you so you can see new possibilities. Everything will change over the next few days. Will it change for the better? That depends entirely on you.

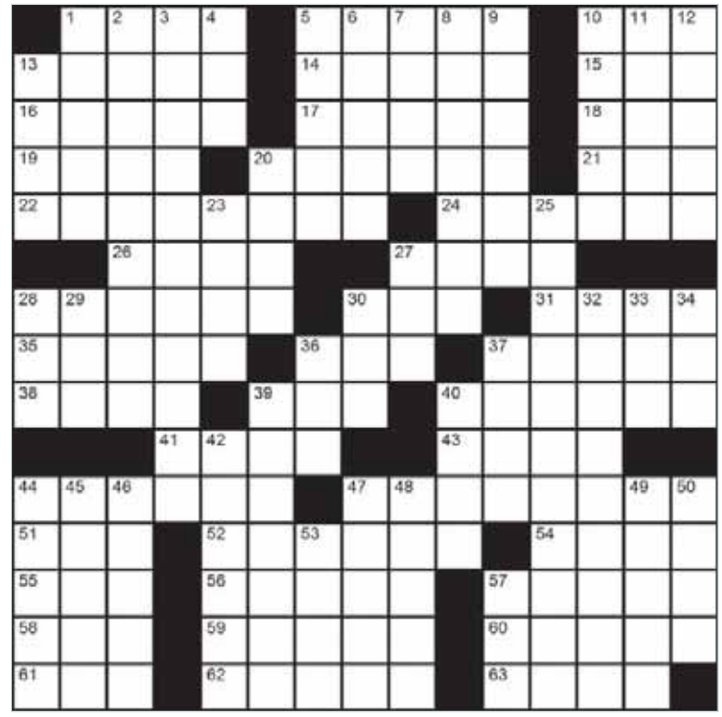
♐ Sagittarius
Nov. 23 - Dec. 21
Have allowed your mind to get stuck in a rut? The only person who can make things fresh and exciting again is you.

♑ Capricorn
Dec. 22 - Jan. 20
You have to make a decision that affects the lives of friends and family and loved ones. Think carefully before making your move — then act decisively. The universe is behind you all the way.

♒ Aquarius
Jan. 21 - Feb. 19
You don't have to start again from scratch with nothing. What you need to make your life happier is right there in front of you.

♓ Pisces
Feb. 20 - March 20
The most important thing today is that you believe in yourself 100 per cent. All things are possible, for you anyway.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. MLB officials
5. Wings hit: "_ __"
10. "__ Day": Hit by #24-Across
13. Don a dress for fit: 2 wds.
14. Shampooing direction
15. __ trip
16. Q. "What did you have for breakfast?" A. "_ __ of cereal."
17. __ _ Sketch
18. Toronto-born Senator Mr. Eggleton
19. Rate
20. "If this __ __ leather, I don't want it." ...said the vegan purse purchaser
21. Look
22. Bewitch
24. Canadian singer/songwriter Daniel
26. Certain cloud
27. Late comedian Richard
28. Margarine-in-a-container amount
30. Possessed
31. Recipe amt.
35. Modern English's "_ __ With You"
36. Dr. Vivienne __, retired Canadian Senator
37. Brit pop group, _ __7
38. Mackerel sort
39. "Hee __"
40. Composer George M.'s
41. Quash
43. Federal org. concerning broadcasting
44. Bob __ (Premier of the N.W.T.)
47. Comment giver
51. Everybody
52. Ms. Fanning
54. Latin hymn: "Dies __"
55. Excessively
56. Andes animal
57. New Zealand language
58. Brick foliage
59. White-plumed heron
60. __ Barkley, President Truman VP
61. Mr. Beatty
62. Guitarist's highlights
63. Secondhand

Down
1. "__ Cowboy" (1980)
2. Claire Holden Rothman book, a 2014 Governor General's Literary Awards finalist: 2 wds.
3. Celine Dion song, with The, that goes "The whispers in the morning...": 3 wds.
4. Lorne Michaels' gig
5. Street type, briefly
6. Bishop's hat
7. Without repetition
8. _-__, like Montreal's 1976 Summer Games stadium
9. SNL alum Kevin
10. Scary creature
11. Think alike
12. Adorer
13. Record
20. Global, briefly
23. Stuck in _ __
25. Salem's historic happenings: 2 wds.
27. T.O. baseballer
28. __-Tac-Toe
29. Apricot-like Japanese fruit
30. In what manner?
32. 1991 movie about a Jesuit priest in New France: 2 wds.
33. Daylight giver
34. TV network
36. Rocket launch site
37. Marsh bird
39. 2004 Viggo Mortensen horse flick
40. Shania Twain trophy, e.g.
42. Lots and lots
44. Montreal 'morning'
45. Garlic segment
46. Architect, Frank __ Wright
47. Shakespeare title guy
48. States: French
49. Dog-__
50. Harness
53. Mr. Malden
57. Egyptian __ (Cat breed)

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8				2			
2			1	4		9	5	
4		5					3	
	9	6		2				
			3		5			
				9		8	7	
	7					5		1
	5	4		7	6			3
			2				9	

Yesterday's Sudoku

3	7	8	9	1	4	2	5	6
6	4	2	5	7	8	1	9	3
5	9	1	2	6	3	8	4	7
2	3	4	8	5	7	6	1	9
1	6	9	3	4	2	5	7	8
8	5	7	6	9	1	4	3	2
9	2	3	1	8	5	7	6	4
7	1	6	4	2	9	3	8	5
4	8	5	7	3	6	9	2	1

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* Conditions apply. To get an iPad mini, you must be a new eligible personal client, open one of the eligible personal deposit accounts with RBC Royal Bank during the promotional period, and complete the criteria. Offer is not available to existing clients who had a Personal Banking Deposit Account with RBC Royal Bank before April 14, 2014. Offer available from April 14, 2014 to October 31, 2014 but may be changed, extended or withdrawn at any time without notice. Apple is not a sponsor of, nor a participant in this promotion. * For full details, visit www.rbc.com/termsandconditions. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owner(s).